

State of Connecticut
GENERAL ASSEMBLY



COMMISSION ON CHILDREN

**Childhood Obesity in Connecticut:
A Health Epidemic**

- Over the past quarter century (from 1976-1980 to 2003-2004), the prevalence of overweight among American children nearly tripled for children ages 6-11 (from 6.5% to 18.8%) and tripled for children ages 12-19 (from 5.0% to 17.4%).
- Nationally, over 50% of all obese six-year olds are projected to become obese adults.
- Connecticut's adult obesity rate rose from 11.7% in 1990 to 19.7% in 2004.
- Approximately 9% of Connecticut students in grades 9 to 12 are overweight.
- In some Connecticut communities, up to 25% of children are overweight.
- Overweight children face increased risks of Type 2 diabetes, hypertension, stroke, asthma and heart disease.
- Obesity played a major role in the 41% increase in diabetes among U.S. adults from 1997 to 2003.
- More than 3,000 people in Connecticut die each year from obesity and its complications.
- Obesity-related health problems in Connecticut added \$665 million in Medicaid and Medicare costs in one year.

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